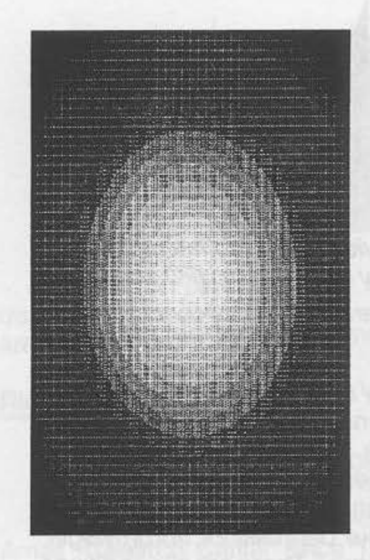
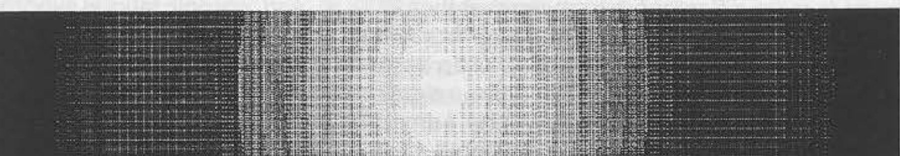


Bulletin of



Experience

Volume 1, Number 7
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Bulletin of Anomalous Experience is a networking newsletter about the UFO "Abduction" phenomenon and related issues for interested scientists and mental health professionals.
BAE provides a forum for dissemination of information and insights, and ongoing debate. If you have something to say, here is a place to say it. If you have a question or a problem, here is a place to ask for help.
Distribution is limited to mental health professionals and interested scientists. Requests for subscriptions (at $20 per year, a real bargain!) are welcome. Write to

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1365 Yonge Street, Suite 200
Toronto, Ontario, Canada M4T 2P7
Telephone (416) 963-8700



I just received my copy of the new Journal of UFO Studies a few days ago. The forum on abductions contains a diversity of opinion and is well worth reading.

What particularly impressed me was how long the piece was on theory, and how short on case studies. Robert Baker (Dept. of Psychology, U of Kentucky) asserts that

"Hallucinations, personality disorders, and the boundary-deficit hypothesis can and do account for most if not all of these reports of contact and abduction."

That hallucinations, etc CAN account for most of these reports is quite different from saying that they DO account for them. It is difficult for me as a front-line practitioner to practice therapy on the basis of an assertion which is purely theoretical. I wouldn't give a drug to a patient on the basis of theoretical work alone; I am not ready to apply his premise in therapy without more practical confirmation.

He also makes the following statements:

"There is no concrete evidence establishing beyond a reasonable doubt that any of the many UFO abduction claims is true."

"If the abduction experiences are real they should be reported to the FBI."

"If the aliens are real they are incompetent and do not constitute a threat to humanity."

This is not a clinical issue, but one of semantics. What is "concrete evidence" when dealing with any kind of experience? As a physician, I continue to see parallels with medical conditions like depression, fibromyalgia, and "chronic fatigue syndrome." These are all conditions which we have come to accept (or in the case of chronic fatigue, are coming to understand) but for which no "concrete evidence" of pathology is available.

The experiencers I see in my office are disturbed enough to seek help for their experiences despite their fear of being rejected and ridiculed. They deserve better than to be dismissed as a group by academics with little or no working experience with "abductees."



I received five (5) replies to my Virtual Conference questionnaire on the last page of BAE 6. Of these, three were written, and two were telephone conversations. Here's how it went:

On Persinger's work

Leo Sprinkle: I do not possess the technical knowledge to evaluate Michael's work. (He spoke at a Toronto symposium on UFO research).

Bruce Maccabee: I think its a diversion. Perhaps interesting, but a diversion... Science magazine has some recent stuff on the EMF-physiological connection.

I sent Michael Persinger a copy of BAE 6; he wrote to acknowledge its receipt, and (hopefully) is preparing a reply.

I was interested to learn of research going on at the University of Texas which is connected to the premise that abduction experiences, as well as mystical and out-of-body experiences are produced by the limbic system as a response to electromagnetic fields. This work involves studying people with chemical sensitivities, and postulates that many of their symptoms are mediated through the limbic system. The intimate connection between the olfactory bulb and the amygdala and limbic system is cited as a possible mechanism.

I don't know much about this research yet, and I hope to be able to say more in future issues.

Any material you would like to see discussed here

Leo says: My bias is to look not only for the physical implications, the biological implications, and the psychosocial implications, but also the spiritual implications of UFO encounters.

Readers, consider this an invitation.

Read Report on Communion, by Ed Conroy?

Bruce: Yes. It was "great."

Leo: Yes. I like it. I know Ed Conroy, who appears to be the kind of person who is intelligent, articulate, sincere and dedicated.

Read Parallel Universes, by Fred Wolf?

Leo: No, although I have heard Fred Wolf speak about his theories. if I understand the basic physics, then I agree that UFO activity may be interpreted as "mat" and "demat" from this reality to another.

Keep it coming!



Wherein the participants in our virtual conference describe themselves. If you haven't sent one in yet, what are you waiting for?

Richard F. Haines, Ph.D.

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Los Altos, California 94023-0880

Richard (Dick) has been a NASA research scientist at Ames Research Center since 1967. His last position before retirement in 1988 was Chief of the Space Human Factors Office where he managed various programs related to America's Space Station Freedom Program. During most of this period of time he also continued his active studies of UFO phenomena, serving as a scientific advisor to the Center for UFO Studies in Evanston, Illinois. He was appointed as the first President of the North American UFO Federation, a consortium of UFO organizations (until various rivalries led to its demise). He is a National Board member of the Fund for UFO Studies. He is an Associate Professor at San Jose State University (Dept. of Psychology) and now a scientist at the Research Institute for Advances Computer Science. He is cited in Who's Who in California, Who's Who in America and 16 others.

Dr. Haines is the author of OBSERVING UFOs (1979), UFO PHENOMENA AND THE BEHAVIORAL SCIENTIST (1987), MELBOURNE EPISODE - CASE STUDY OF A MISSING PILOT (1987), and ADVANCED AERIAL DEVICES REPORTED DURING THE KOREA WAR (1990). He has conducted field studies of virtually all kinds of sightings but is mainly interested in CE-3 and CE-4 evidence, pilot reports, and photographic evidence.

He has conducted a large number of CE-4 counselling sessions over the years and has developed a new temporal regression hypnosis procedure knows as the "Three Stage Technique (TST)" which greatly helps reduce the biasing effect(s) upon the client by the counsellor/witness. It has been published in vol. 1 of the JOURNAL OF UFO STUDIES, New Series, CUFOS. In addition he has advocated the establishment and use of a Code of Ethics for all who conduct CE-4 research using hypnosis. He is currently editing a book which will deal with "Multiple Abductions" (i.e., two or more people involved). He is interested in corresponding with others who conduct such research.

John L. Spencer

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Member of BUFORA, the British UFO Research Association Ltd., for many years. Appointed to the board of directors 1980, and has held several offices to the present day. Presently, one of three specialist publications editors, and vice-chairman.

In 1984 assisted with the setting up of a division of BUFORA's research department.

Current area of research: The interaction of the phenomenon with the human mind, working with both researchers and the medical profession. Apart from work in the U.K., John is working in several foreign countries on abduction cases.

John is also an officer of ICUR, the International Committee for UFO Research, also a research specialist for MUFON, the Mutual UFO Network based in Texas, but operating world-wide.

John was a guest chairman at the Brussels International UFO Conference in 1988, and a speaker at the London International Congress in 1989. He was a speaker at the MUFON International Symposium in 1990 in Florida.

John has given many lectures to UFO groups, astronomical societies (including both Oxford and Cambridge Universities) and other scientific institutions.

He regularly appears in the media. He has appeared in interview in many newspapers throughout the U.K., has appeared on over forty local and national radio stations, has broadcast in live debates or phone-ins to Hong Kong, the Falklands, Germany, Cyprus, Russia and the Soviet bloc, as well as within the U.K.

PUBLISHING HISTORY

Over the past five years JS has had many articles published in the international "in-house" magazines of UFO research, either as sole author, joint or ghost author. Including technical articles, book reviews, etc.

- 1987-Sci-fi short story published ("The Delegate")
- FORTEAN TOMES published UFOS - 1947/1987, a 384 page (approx. 350,000 word review of the past 40 years of UFO research in which John Spencer is a principal author and co-editor.
- 1988: MACDONALD & CO (PUBLISHING) LTD published PHENOMENON, a forty year review of the subject aimed for the more general market (110,000 words) released in hardback (MACDONALDS) and paperback (FUTURA). John Spencer is designer of the concept, the primary editor and a principal author

- LETTS DIARIES published CLOSE ENCOUNTERS, a general explanation of UFOs for the young as part of their 1989 diary for boys.
- 1989: AVON PUBLISHING in the United States published the American edition of PHENOMENON. Rights to this were purchased in 1988 ahead of UK publication based only on the manuscript presented to them.
- 1990: MACDONALD/FUTURA published PERSPECTIVES, a book about the UFO abduction phenomenon of which John Spencer is sole author.
- 1991: HEADLINE PIC will be publishing THE UFO ENCYCLOPEDIA, compiled and edited by John Spencer for BUFORA (150,000 words)
- 1991: Paul Hamlyn will be publishing the WORLD ATLAS OF UFOS (Provisional title) written by John Spencer



Richard Haines sent me a copy of his Confidential Counselling Information Form. He writes,

It contains some key parameters which I have found to be related to alleged abductions and I am pursuing computer analyses of these elements. I would like to enlist your aid in getting other clients to fill it out and return it to me. Is there some way to do this?

The form is six pages long (three sheets of 8 1/2 x 11 printed both sides). I have listed the items on the form below. If you would like a copy of the full form, please write me or Richard.

PERSONAL INFORMATION

- Marital status
- Present occupation & description
- Physical disabilities
- At what time of day do you feel most alert?
- Do you usually remember your dreams?
- Do you have nightmares? If yes, are they relatively consistent? Describe any common themes?
- Do you now use any of the following: Hearing aids; eyeglasses; heart pacemaker; other health or sensory aids
- Have you ever suffered from or experienced:

depression; nervousness; insomnia; fainting; dizziness; high blood pressure; epileptic seizures; abortion(s); premature natural abortion; air sickness; irrational fears (phobias)?

- What serious physical illnesses have you had within the past ten years?

SOCIAL AND PSYCHOLOGICAL INFORMATION

- How do you like to spend your free time?
- Are you a member of a social group or club at this time?
- Are you satisfied with your current financial situation?
- To whom do you confide when you have a problem?
- Does life have meaning for you currently?
- Do you consider yourself to be superstitious?
- Do you consider yourself to be more optimistic or more pessimistic?
- Do you ow drink alcoholic beverages at all? If yes, about how many drinks per week do you have (beer, hard liquor, wine)?
- Have you ever been diagnosed as an alcoholic
- Have you ever been diagnosed as having a chemical (drug) dependence?
- About how many really close friends did you have in grade school, Jr. High school, Sr. High School?
- When you were between the ages of about five and fifteen, did you think of yourself as being a loner?
- As a teenager, did you have a "normal" dating life?
- About how many times have you moved in the past 15 years?
- Are you now under any particular physical or other stress? (if yes, explain)
- Have you ever served in the armed forces under combat?

PSYCHIC AND RELIGIOUS BELIEFS AND INTERESTS

(rate on scale of 1-5 (none to very much))

- I have the ability to gain extra-sensory perceptions of thoughts/feelings of others
- I have the ability to gain impressions of events or objects which are beyond or away from my usual environment (clairvoyance)
- I have the ability to gain impressions of future events (precognition)
- I have the ability to influence the physical environment around me (psychokinesis) or "mind over matter"
- I have other special abilities to: __________
- Where do you think that the (above) special abilities come from?
- Have you ever taken part in a scientific study of your ESP or other psychic abilities? If yes, give details.

- Have you ever participated in a seance or group meditation to try to determine your ESP abilities? If yes, give details
- Have you ever experienced a spiritual event or religious "rebirth" (details)
- Do you believe in life after death?
- What religion do you profess?
- Do you believe in a Supreme Being or God?

UFO PHENOMENA QUESTIONS

- have you ever seen something which you now feel was a UFO? (describe in own words)
- Who did you tell about this sighting
- About how many books and magazines have you read on UFO subjects?
- About how many TV shows and movies have you seen on UFO subjects?
- List all UFO clubs or organizations you have ever joined
- Why did you join it (them)?
- Who did you tell about your ufo sighting (if you saw one)?
- Do you have a definite opinion on what UFOs are? If yes, give details.
- DO YOU BELIEVE THAT MOST "UNKNOWN" AERIAL PHENOMENA CAN BE EXPLAINED AS: (answer yes/no/not sure)
  -misinterpretations of known phenomena
  -psychological reactions within the observer
  -lies and/or hoaxes
  -secret government devices, craft, weapons, etc
  -extraterrestrial space craft/related technology
  -presently unknown natural phenomena
  -other (specify)
- Have you ever experienced a loss of time (like amnesia) that was connected with your UFO sighting? If yes, give details
- Have you ever been hypnotized? (Details)
- Are you interested in the use of safe and proven hypnosis techniques to try to help you remember your loss of time events?
- (space for final comments)

AUTHORIZATION

(check one of these):

- You may use my name in connection with any publication or other use of the above information I have supplied,

or

- You may use these results and data given above for scientific purposes and may publish the results, but do not use my name in connection with any disclosure of the above information.



Richard Haines contributed this Code of Ethics For Persons Who Work With Abductees. Comments are invited!

1.0 Background and Justification

The times in which we live increasingly confront us with many potential legal concerns. This is particularly true with regard to actions between individuals and within groups. When the behavior of an individual becomes dangerous to the health, safety or general welfare of another individual or society at large, restrictive laws and penalties for violating them are often enacted.

A tenet is any opinion, doctrine, dogma or principle that is held as being true. Ethical tenets are rules of conduct or moral principles underlying the actions of a group or society. Members of professional societies subscribe to formal tenets of behavior for their own personal good as well as for the good of their society.

For those of us interested in helping people who claim to have had some type of alien encounter or abduction experience (hereafter referred to as a Close Encounter of the Fourth Kind; CE-IV), it is vitally important to subscribe to a carefully worded Code of Ethics. There are several important benefits to those who subscribe to such a Code. One relates to the individual(s) who conducts the field investigation related to a UFO report and another relates to those who carry out CE-IV counselling. Of course the same person may carry out both functions. The potential personal liability stemming from charges of unscrupulous or unprofessional conduct will be lessened when it can be shown that the counsellor/investigator agreed to such an ethical standard, in advance, and consistently tried to follow it. In addition, the overall quality of the subjective (narrative) data obtained will be higher because the witness will realize that their welfare really is of central concern to the counsellor/investigator. When such codes of professional behavior have not been followed, lawsuits, adverse publicity, and useless data have sometimes resulted.

1.1 Counsellor/Investigative integrity

A person's self-integrity refers to the soundness of and adherence to moral principle and character in all areas of life. The basic concept is that of being whole,

undivided and undiminished because of past events of life. One's fundamental character must be honest. Personal integrity is essential to carrying out high quality UFO studies in general and CE-IV cases in particular. A problem arises, however, in attempting to quantify "integrity." Most often it is left to seeking letters or statements by friends and professional colleagues concerning the character of another person. One's long-term social and professional reputation is one way of assessing integrity. In the field of UFO studies, however, there is a continual flux of people coming and going who are motivated by many reasons. Not all of them are honest, qualified or trustworthy. The potential for adverse legal action against such persons would be very large. As the MUFON Field Investigator's Manual (1983 edition, pg. 3) states, "The primary concern of the researcher should be to ascertain the truth." High personal integrity will contribute to meeting this objective.

1.2 Counsellor/Investigator Training.

It is the responsibility of every counsellor and investigator to be as prepared as possible before starting every interview, site inspection, or hypnosis session. The witness will be able to recognize signs of inexperience and poorly planned field investigation and will probably be less willing to cooperate. Proper preparation takes many forms and requires a lot of effort.

The witness also has the right to know what special qualifications the counsellor/investigator has. These qualifications should be presented to the witness during the first visit.

An inexperienced person should not be permitted to conduct an unsupervised field investigation or hypnotic regression in CE-IV cases. Until UFO organizations can effectively police their own ranks in this regard we must rely upon ourselves to follow these guidelines.

1.3 Counsellor/Investigator Detachment

This section of the Code of Ethics has two aspects. The first deals with the field investigator who goes to the site of an alleged encounter or abduction, takes measurements and conducts interviews. The second deals with the counsellor who, if the case warrants, performs in-depth conscious recall interview(s) and possibly unconscious recall probing, typically using hypnosis.

The investigator will gain credibility in the eyes of the witness, as well as gain better cooperation, if he or she maintains an air of scientific objectivity, neutrality, and emotional detachment. This does not mean being serious all the time, but rather, being well-informed, willing to share scientifically-oriented information about the UFO phenomenon with the witness (provided such information is not directly related to the event being studied) and being properly and adequately equipped to carry out all required field tests.

Intellectual detachment is different from emotional detachment. The investigator should maintain an intellectual separation from the abductee so as not to offer interpretations prematurely, i.e. before all of the information has been obtained from the witness. A top priority of the investigator should be to collect all information from the witness without imparting any relevant information which might bias or "contaminate" their statements.

During this process it is essential to encourage and support the witness emotionally. Indeed, both are human beings; both are able to share some of the fears and inhibitions that may have been experienced during the event. In other words, the counsellor/investigator should be emotionally supportive whenever such support does not bias the witness.

1.4 Respect for Privacy

Our nation's Constitution guarantees each person the right to privacy. This societal doctrine is a vital cornerstone for our liberty and freedom. Likewise, the UFO counsellor/investigator must always respect the witness's privacy. This applies to three basic areas: Lifestyle, social reputation and medical records.

Many witnesses/abductees feel personally violated after having experienced an apparent UFO abduction experience. The counsellor/investigator has no right to compound such feelings through prying into their lifestyle, mores, or personal preferences. The issue is: How can appropriate, case-related information be obtained, not whether it should be obtained. It is acknowledged that personal background information about an alleged UFO abductee may be the crucial key which makes or breaks the credibility of a witness. However, the investigator must always inform the witness fully about the general kinds of information he or she is seeking. Often the witness will offer that information directly (see section 1.5).

1.5 Informed Consent

Before the witness is asked to provide any information or physical evidence to the investigator he or she must understand and agree in writing to the following things:

(1) What kinds of personal questions will be asked,

(2) what kinds of psychological and/or physiological tests will be given

(3) What possible emotional stress, physical reactions, or other risks may accompany such interviews/testing

(4) How will the information be handled, eg will it remain confidential or be used, perhaps without reference to any names, in scientific publications or articles.

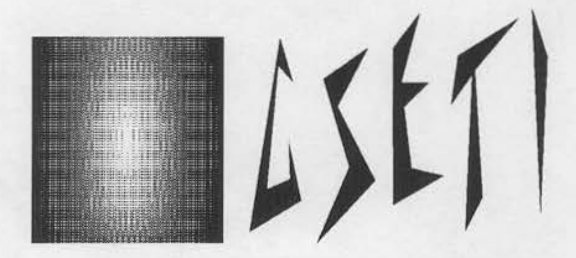
In all cases, the witness must give prior written approval for any use of information they provide.

1.6 Impartial witnesses

At least one "neutral" witness should be present during each hypnosis session. Two such witnesses is best since one would serve as a legal representative of each party (counsellor and witness) should questions arise in regard to the professional competency, ethics, or behavior of either party. These neutral witnesses should agree verbally, before any investigative procedure(s) begins, to serve in this capacity. This agreement should also be tape recorded. "Neutral" witnesses may be chosen from among UFO investigator/researcher colleagues, provided such persons have no specific involvement in the case in question. Each witness should be instructed about the importance of maintaining total silence throughout the hypnosis session.

1.7 Special Procedures and Tests

All medical procedures, tests, and interrogations should be carried out by a licensed physician. Hypnotic procedures along with other psychological testing and scoring should be carried out by a psychiatrist, psychologist or other social scientist trained and experienced in such procedures. Lie detection tests should be performed by a member of the American Society of Polygraph Examiners or someone similarly qualified.



The following is excerpted from a brochure on an organization called CSETI. I met its director, Steven Greer M.D., in Pensacola. As usual, opinions are invited.

CSETI

Dedicated to the furtherance of our understanding of Extraterrestrial Intelligence

Steven M. Greer, M.D., Director

An international nonprofit scientific, research and education organization

P.O. Box 15401
Asheville, NC 28813
(704) 253-0509

The Centre for the Study of Extraterrestrial Intelligence (CSETI) is an international nonprofit scientific research and education organization dedicated to the understanding of Extraterrestrial Intelligence (ETI) and Extraterrestrial Civilizations (ETC). CSETI is especially interested in the ETI-Human relationship and in the peaceful furtherance of this relationship. A thorough review of existing data and documents concerning UFOs indicates that the earth has been visited by ETI and Extraterrestrial Spacecraft (ETS) for decades, if not centuries, and that this contact has intensified over the past 45 years. The existence and authentication of several top-secret documents confirming the retrieval of crashed ETS and their occupants, the numerous photographs and films showing ETS, the reports of thousands of credible civilian and military observers, and the presence of associated landing traces all provide compelling evidence for the ongoing contact between ETI and humans. In addition to the investigation and analysis of credible ETI/ETS reports, CSETI is committed to the thoughtful long-term development of bilateral ETI-Human communication and exchange, and open public education on the subject. We regard this endeavour as the most important scientific and educational project of the next thousand years.

THE CSETI PRINCIPLES

- there is strong evidence for the existence of ETI, civilizations and space craft.
- ETI/ETS have been and are currently visiting Earth
- Careful bilateral communication between ETI and Humans is of continuing importance and will probably increase in the future.
- CSETI approaches the study of ETI with cooperative, peaceful and non-harmful intentions and procedures.
- The establishment of a lasting world peace is essential to the full development of the ETI-Human relationship
- Both Humans and ETI, as conscious, intelligent beings, are essentially more alike than dissimilar; CSETI is dedicated to the study of both our shared and unique characteristics
- CSETI operates on the premise that ETI motives and ultimate intentions net are peaceful and non-hostile
- It appears probable that more than one ETC is responsible for the EI/ETS contact so far observed, and that it is likely that this represents a cooperative effort.
- CSETI will attempt to cultivate bilateral ETI-Human contact and exchange which will serve peaceful and cooperative goals; it is NOT a goal of CSETI to acquire those advanced technologies which may have a potential military or harmful application if disclosed prematurely.

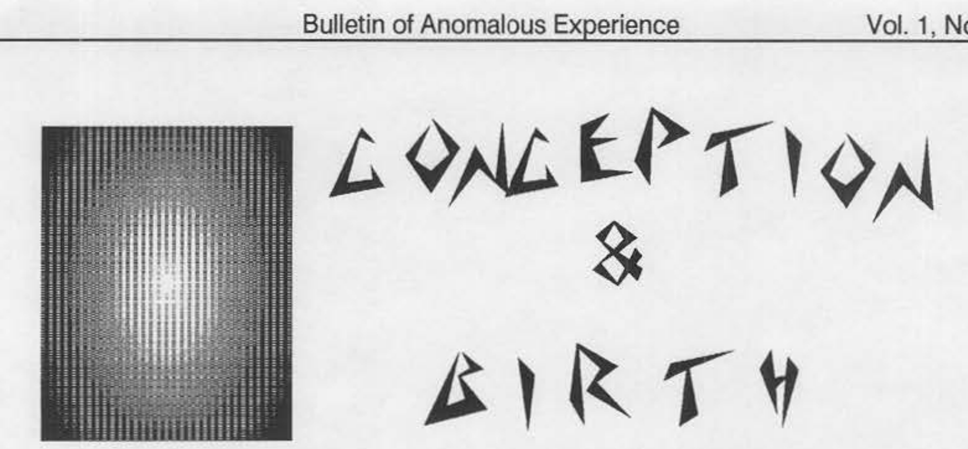
MAJOR PROGRAMS OF CSETI

THE CE-5 INITIATIVE is a major project whose goal is the further development of bilateral and human-initiated ETI contact.

PROJECT ETI-INFORM is a major public education program which utilizes the media, public lectures and symposia and printed materials to inform the public and government officials throughout the world. The goal if this program is to provide quality programming on ETI to all sectors of the public.

RAPID MOBILIZATION INVESTIGATIVE TEAMS (RMIT) are comprised of qualified scientists and investigators who can respond swiftly to an area of ongoing ETI/ETS contact. Cases of high scientific and investigative merit and credibility will be considered for this special investigative approach, particularly when they also have the potential for CE-5 Initiative involvement. The development and funding of RMIT is a major goal of CSETI

CSETI Conferences and Workshops are designed to facilitate in-depth analysis and think-tank formulations and planning on all aspects of ETI studies.



Though many of my patients have family members who have also had "abduction" or UFO encounters, most of the time these other experiencers don't desire to talk to anyone about it. In one situation, I was able to see both the experiencer and her mother. The following information came to light:

- Mother recalls that she became pregnant 10 months after marriage. The couple was using both a diaphragm and a condom, and they did not understand how she could have become pregnant. A few years ago, while experiencing a resurgence of memories of anomalous experiences, mother recalled a memory, from around the time of the conception of her daughter, of "little grey guys" (my phrase) standing around her bed, fertilizing her egg with her husband's sperm and inserting it into her abdomen.
- Mother recalls that during the last stages of labour, there was a period of one hour during which nobody could locate her. She recalls being in a round room (her labour room was square) where her baby was born, and the "little grey guys" were using a device that looked like a dental instrument on the baby. Then the baby was "put back in."
- Daughter (now in her thirties) reports a lifelong history of encounters with the little visitors. She remembers a similar instrument to the one her mother describes being used on her.

I present this as an interesting anecdote that appeared without leading or suggestion of any kind. I have heard from other therapists of unusual happenings, and the presence of the "little grey guys," in hospital delivery rooms. Documentation of such an anomalous event (especially by nursing and medical notes) would be of obvious importance.

Anybody have any similar stories?